Celebrating Older Americans Month

By Ronnie Fortunato, MS, RDN, MBA

May is Older Americans Month—so named (and led) by the Administration for Community Living, whose mission is to maximize the independence, well-being, and health of older adults and people with disabilities across the lifespan.

One of their visions is for all people, regardless of age and disability, to participate fully in society.

Their 2024 theme is Powered by Connection, which acknowledges the important effects that social connections have on our health and well-being.

In keeping with this year’s theme, remember that staying connected with the people who are most important to you can help you adjust to life changes. If distance or other factors prevent you from being connected to your closest people, engaging in social and community activities can enhance self-esteem and reduce stress. Exercise with a buddy, since buddy-style activities can help you stay on track with your interests. Also, learning something new will keep you enjoying life experiences.

In the Nutrition Department at God’s Love We Deliver, we encourage all of our clients, regardless of age, to engage in physical activity.

Physical activity provides fundamental benefits.

- It reduces the risk of falls by improving balance and overall quality of life among older adults.
- It helps to regulate insulin, balance energy, normalize bowel movements, and reduce inflammation.

Every week, adults aged 65 and older need physical activities that include:

- A minimum of 150 minutes of moderate-intensity aerobic activity such as brisk walking. This can translate into 30 minutes, 5 times weekly.
- At least 2 days of activities that strengthen muscles, such as weight-bearing activities.
- Activities to improve balance. The American Heart Association recommends doing balance exercises such as yoga or tai chi three or more days a week.

Walking is an easy way to stay physically active and can easily be incorporated into your everyday activities such as shopping, running errands, or getting to appointments.
Your exercise routine should be personalized to your needs, abilities, and medical conditions, so lower-intensity exercise may be necessary. If you have a chronic medical condition such as diabetes or heart disease, or a physical disability, you can still be physically active. Regular physical activity can improve your quality of life and reduce your risk of developing other conditions—or worsening your current medical conditions. If you’ve had a heart attack or stroke, exercising after can help prevent you from having another. And people with diabetes show improved blood glucose control when they engage in regular physical activity.

The Centers for Disease Control and prevention reports that walking is the most common form of physical activity reported among active adults with mobility disabilities.

Be sure to consult your medical provider before starting any physical activity or exercise program.

For additional information about health tips for older adults and others, visit our website:https://www.glwd.org/food-is-medicine/nutrition/publications/

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**May is Mental Health Awareness Month**

May is Mental Health Awareness Month! Bilingual RDN Ana Blanco at God’s Love We Deliver reminds us that what we eat can affect how we feel. She has some helpful nutrition tips when it comes to improving your mental heal...
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May is Older Americans Month! This year’s theme is Powered by Connection, highlighting the important effects of social connections on our health.

Serving our AAPI Community at God’s Love We Deliver

Celebrating Asian & Pacific Islander Heritage Month

with Sabrina Krebs, Bilingual RDN
We're honoring AAPI Month by looking closely at the nutrition and health challenges of AAPI folks in New York City.